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WAR FOOD ADMINISTRATION  
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.....SWEET POTATO RECIPES.....

The following are sweet potato recipes tested in the laboratories of the Bureau of Human Nutrition and Home Economics. They are for six servings:

...BAKED SWEET POTATOES...

Wash and dry sweet potatoes of uniform size. Bake in a hot oven ( $425^{\circ}$  F.) 40 to 60 minutes or until tender. If you want the skin to be soft, rub a little fat on the sweet potatoes before baking. Cut criss-cross gashes in the skin of the sweet potatoes on one side, then pinch the sweet potatoes so that some of the soft inside pops through the opening. Drop in meat drippings, bits of crisp cooked salt pork, or table fat. Save fuel by baking sweet potatoes when you ovencook other food. If a moderate oven is called for, allow a little extra time for the sweet potatoes to bake.

...HASH BROWNED SWEET POTATOES...

Add chopped cooked sweet potatoes to a little fat in a frying pan. Season with salt and pepper. Moisten with about  $1/4$  cup water for four cups of sweet potatoes. Cook over low heat until brown on the bottom... don't stir. Serve folded in half.

Sweet potato hash...add chopped cooked meat and enough gravy or hot water to moisten. Brown on both sides.

...SWEET POTATO CAKES...

Shape cold mashed sweet potatoes into small cakes; roll in bread crumbs or crushed cornflakes. Fry golden brown in a little fat. For variety, add to the mashed sweet potatoes chopped, cooked bacon and other leftover meat, or finely chopped apple.

...SWEET POTATO AND APPLE SCALLOP...

3 medium-sized sweet potatoes	1 or 2 tablespoons sugar
3 medium-sized apples	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water

Boil the sweet potatoes until they are partly tender. Take off the skins. Slice the sweet potatoes and the raw apples in layers in a greased baking pan. Sprinkle with a bit of salt and a bit of sugar and add a dot or two of fat to each layer. Pour in the water.

Bake covered in a moderately hot oven ( $375^{\circ}$  F.) for 30 to 40 minutes, or until the apples are tender. If desired, uncover the dish the last fifteen minutes of cooking and top with cornflakes or bread crumbs combined with a little fat. For variety, in place of apples use layers of chopped ham. Bake about 20 to 30 minutes. Omit sugar if desired. Or, omit the apples and sprinkle each layer of sweet potatoes with chopped toasted peanuts, a little sugar and salt, and dot with table fat. Bake 20 to 30 minutes.

...SWEET POTATO PUFF...

5 or 6 medium-sized sweet potatoes	2 tablespoons melted fat
2 eggs	2 tablespoons hot milk
1 teaspoon salt.	

Boil the sweet potatoes. When tender remove the skins and any discolored portions, and press the sweet potatoes through a ricer. There should be about one quart of pulp. Beat the yolks and whites of the eggs separately. To the sweet potato add the yolks, fat, milk, and salt, beat well, and fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish and bake in a moderate oven ( $350^{\circ}$  F.) for 45 minutes, or until light and fluffy and brown on the top.

...SWEET POTATO PUDDING...

2 tablespoons fat, melted	$\frac{1}{4}$ cup orange juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon grated orange rind
$\frac{1}{2}$ cup corn syrup or cane sugar syrup	2 cups mashed sweet potatoes
	1 or 2 eggs, separated
	$\frac{1}{2}$ cup milk

Add fat, salt, syrup, orange juice, and grated rind to the hot mashed sweet potatoes. Add the beaten egg yolks and the milk. Beat well. Fold in stiffly beaten egg whites. Pour into a greased baking dish and bake in a moderate oven ( $350^{\circ}$  F.) 50 to 60 minutes, or until the pudding sets.

...SWEET POTATO PIE...

Use the recipe for pudding given above. Pour the filling into a 10 inch baked pie shell and bake in a moderate oven 30 to 40 minutes.

...CANDIED SWEET POTATOES...

Boil six medium-sized sweet potatoes in their skins. When they are tender, drain, peel, and cut them in halves or slices. Make a layer of the sweet potatoes over the bottom of a greased baking pan. Dot with fat, sprinkle with salt. Pour over them a cup of corn syrup, or honey. Bake in a moderate oven ( $350^{\circ}$  F.) 15 to 20 minutes, basting frequently. Or...to save heating up the oven especially for the sweet potatoes...cook them on top of the stove. Be sure to keep the heat low and watch to see that the syrup does not scorch.